



NEWS RELEASE

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BOOKLET HELPS TRACK MEDICAL INFORMATION

Lincoln-Lancaster Women's Commission publishes health care information in three languages

Concerned about medical access and health care services for women of color, the Lincoln-Lancaster Women's Commission produced multicultural booklets titled, "*My Medical Records Manager*," to encourage women to be more proactive in their health care services. The six-page booklet is printed in English, Vietnamese and Spanish. A special section gives tips and guidelines on how patients can establish effective professional relationships with their health care providers.

The record management booklet tracks important historical health events such as childhood illnesses, allergies, surgeries, medicines, insurance information and current symptoms. It allows ample space for the patient to write down specific medical events and to list questions that can be discussed with their provider.

Aware of Arabic women's cultural lifestyles, the Women's Commission produced 1,000 audio cassette tapes that verbally explain the same type of information as the printed version. Emphasis is placed on overcoming cultural barriers that could prohibit Middle Eastern women to seek out specific health care services.

"Because of specific cultural boundaries, Asian and Arabic women are less likely to seek out adequate health care services or to establish routine care with a health provider," said Bonnie Coffey, director of the Lincoln Lancaster Women's Commission. "Combine that lifestyle with the inability to speak the English language and our community has a growing segment of women who may be at risk."

The project was completed with the aid of volunteer bilingual women who translated and wrote the "*My Medical Records Manager*" in booklet and cassette formats. Underwritten by Friends of LLWC, the booklets and audio cassettes are available at no charge. To obtain copies, please call the office of the Lincoln-Lancaster Women's Commission, 441-7716.